

PATENT CLAIMS

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3 I Claim:

4 1. An exercise system for use submerged in water, the exercise system comprising:

5 a first floatation element having a grasping member and including a pair of boyant masses

6 on the removed ends of the grasping member, the first floatation element having a

7 specific gravity of less than one.

8 2. The exercise system of Claim 1 further including a first pair of extension members for
9 engaging the boyant masses of the first floatation element.

10 3. The exercise system of Claim 1 further including a second floatation element having a
11 grasping member and a pair boyant masses on the removed ends thereof, the second floatation
12 element having a specific gravity of less than one.

4. The exercise system of Claim 3 further including a second pair of extension members for
releasably engaging the buoyant masses of the second floatation element.

15 5. The exercise system of Claim 3 further including means for releasably joining the first
16 floatation element to the second floatation element.

17 6. The exercise system of Claim 5 wherein the means for releasably joining the first floatation
18 element to the second floatation element has a specific gravity of less than one.

19 7. The exercise system of Claim 1 further including:

20 a first pair of extension members for releasably engaging the buoyant masses of the first
21 floatation element, the first pair of extension members comprising a material with a
22 specific gravity of less than one;

1 a second floatation element having a grasping member and pair of boyant masses at the
2 removed ends thereof, the second floatation element having a specific gravity of less
3 than one;
4 a second pair of extension members for engaging the boyant masses of the second floatation
5 element, the second pair of extension members having a specific gravity of less than
6 one;
7 means for releasably joining the first floatation element to the second floatation element,
8 wherein means for releasably joining the first floatation element to the second
9 floatation element at least partially comprises a material with a specific gravity less
10 than one.

11 8. The exercise system of Claim 7 wherein the material comprising at least part of the first
12 floatation element, at least part of the second floatation element, at least part of the first pair of
13 extension members, at least part of the second pair of extension members and means for releasably
14 joining the two floatation elements one to the other is foam.

15 9. The exercise system of Claim 8 wherein at least the first floatation element and the second
16 floatation element have indicia thereon.

17 10. The exercise system of Claim 9 wherein the indicia reflects the boyancy of the element it is
18 placed upon.

19 11. An exercise system for use submerged in water, the exercise system comprising a first
20 dumbbell shaped floatation member being at least partially comprised of a material with specific
21 gravity less than one and having a first rod member coincident with the longitudinal axis thereof.

1 12. The exercise system of Claim 11 further comprising a second dumbbell shaped floatation
2 member, the second dumbbell shaped member being at least partially comprised of a material with
3 a specific gravity less than one and having a second rod member coincident with the longitudinal
4 axis thereof.

5 13. The exercise system of Claim 12 wherein the first and second rod members include threaded
6 portions at the removed end thereof.

7 14. The exercise system of Claim 13 further comprising a boyant connecting member having two
8 ends with a body there between and having a rod member coincident with a longitudinal axis thereof,
9 the rod having threaded portions at the removed ends thereof for threadably engaging the first
10 dumbbell shape floatation member to one of the two ends of the boyant connecting member and the
11 second dumbbell shape floatation member to the other end of the two ends of the boyant connecting
12 member.

13 15. The exercise system of Claim 11 further comprising a first pair of floatation extension
14 members for releaseably engaging the first dumbbell shape floatation member at the rod member
15 thereof.

16 16. The exercise system of Claim 12 further comprising a second pair of floatation extension
17 members for releaseably engaging the second dumbbell shape floatation member at the rod member
18 thereof.